

Fitness Center Rewards

EARN POINTS BY WORKING OUT IN THE SCHAEFER
FITNESS CENTER, PARTICIPATING IN INTRAMURALS,
STEVENS GROUP EXERCISE PROGRAM OR OUTDOOR
ACTIVITIES
(RUNNING, WALKING, BIKING, ETC.)

25POINTS- WATER BOTTLE W/STEVENS LOGO
50POINTS- Pedometer
100POINTS- T-SHIRT

YOU EARN POINTS EVERY TIME YOU WORK OUT. FOR EACH
HOUR YOU WORK OUT YOU EARN 1 POINT. YOUR POINTS WILL
BE ADDED UP EACH WEEK, AND WHEN YOU REACH EACH POINT
LEVEL, YOU WIN A PRIZE!

[EMAIL DANA PERRIELLO AT DPERRIEL@STEVENS.EDU](mailto:DPERRIEL@STEVENS.EDU)
[OR GO TO THE](#)
[FITNESS CENTER DESK TO SIGN UP](#)

Prizes awarded until the end of the semester